

# SAJSM QUESTIONS OCTOBER 2011

CPD questionnaires must be completed online via [www.cpdjournals.co.za](http://www.cpdjournals.co.za).

After submission you can check the answers and print your certificate.

1. True (A) or false (B) – click on the correct answer:  
**About 13% of all the papers published in leading medical journals are clinical case studies.**
2. True (A) or false (B) – click on the correct answer:  
**The condition of HIV was first reported in a case study.**
3. True (A) or false (B) – click on the correct answer:  
**Diagnosis in sports and exercise medicine involves a complex art of recognising patterns of illness and injury whose signs and symptoms are consistent from case to case.**
4. True (A) or false (B) – click on the correct answer:  
**Hamstring muscle injuries are one of the most common injuries sustained by jumping and sprinting athletes.**
5. True (A) or false (B) – click on the correct answer:  
**The average time it takes an athlete with a muscle tear to return to sport is about 56 days.**
6. True (A) or false (B) – click on the correct answer:  
**One of the most difficult functions of the team physician is to make the decision regarding ongoing participation following injury.**
7. True (A) or false (B) – click on the correct answer:  
**Disordered eating patterns and menstrual disorders are more frequent in sedentary compared to active females.**
8. True (A) or false (B) – click on the correct answer:  
**Pathogenic body weight control behaviours (such as restrictive eating, fasting, use of diet pills, laxatives and diuretics) can result in clinical eating disorders.**
9. True (A) or false (B) – click on the correct answer:  
**Top netball players in South Africa have a low risk for disordered eating behaviour, menstrual irregularities and secondary amenorrhoea.**
10. True (A) or false (B) – click on the correct answer:  
**Arthritis is one of the main causes of disability.**
11. True (A) or false (B) – click on the correct answer:  
**Rheumatoid arthritis is the least common type of chronic inflammatory arthritis.**
12. True (A) or false (B) – click on the correct answer:  
**Rheumatoid arthritis only affects the small joints in the hands.**
13. True (A) or false (B) – click on the correct answer:  
**The primary goal of exercise therapy for rheumatoid arthritis is to improve joint mobility, muscle strength and aerobic and functional capacity.**
14. True (A) or false (B) – click on the correct answer:  
**About 80% of the South African triathletes surveyed in a recent study consumed some form of a CHO supplementation.**
15. True (A) or false (B) – click on the correct answer:  
**Most of the South African triathletes surveyed in a recent study had a very low habitual fat intake.**
16. True (A) or false (B) – click on the correct answer:  
**Over 90% of the South African triathletes surveyed in a recent study used dietary supplements.**
17. True (A) or false (B) – click on the correct answer:  
**Kinesthesia, balance and agility exercise (KBA) is a neuromuscular training programme designed to improve dynamic joint stability and neuromuscular control.**
18. True (A) or false (B) – click on the correct answer:  
**In the United States radiographic knee osteoarthritis is estimated to be present in 37% of people over 60 years of age, with symptomatic knee osteoarthritis affecting 12% of that age group.**
19. True (A) or false (B) – click on the correct answer:  
**The overall injury rates for musculoskeletal injuries are lower for athletes with a disability compared with athletes without physical disability.**
20. True (A) or false (B) – click on the correct answer:  
**The eating disorder inventory is a self-reported measure designed to assess attitudes, feelings and behaviours typically associated with eating disorders and has been found to be a suitable screening instrument for eating disorders in a non-clinical setting.**

## INSTRUCTIONS

1. Read the journal. All the answers will be found there.
2. Go to [www.cpdjournals.co.za](http://www.cpdjournals.co.za) to answer questions.

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